

Grupi Algklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 16.09.2019	<ul style="list-style-type: none"> • Guljass • Keedetud kartul • Leib • Kapsasalat • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 150g • 200g • 30g • 50g • 100g • 100g 	<ul style="list-style-type: none"> • 266Kcal • 151Kcal • 67Kcal • 45Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 22.2g • 0.2g • 0.48g • 2.6g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 9.29g • 3.18g • 2.1g • 0.54g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 7.37g • 34.04g • 13.59g • 4.93g • 4.8g • 0.2g
	Kokku:	630g	628Kcal	28.34g	28.41g	64.93g
Teisipäev 17.09.2019	<ul style="list-style-type: none"> • Pelmeenisupp • Pannkoogid • Moos • Leib • Piim 2.5% (PRIA) • Õun (PRIA) 	<ul style="list-style-type: none"> • 300g • 100g • 20g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 187Kcal • 293Kcal • 34Kcal • 67Kcal • 55Kcal • 44Kcal 	<ul style="list-style-type: none"> • 8.07g • 26.55g • 0g • 0.48g • 2.5g • 0.36g 	<ul style="list-style-type: none"> • 4.94g • 0.9g • 0.06g • 2.1g • 3.4g • 9.9g 	<ul style="list-style-type: none"> • 23.67g • 12.6g • 8.44g • 13.59g • 4.8g • 0.2g
	Kokku:	650g	680Kcal	37.96g	21.3g	63.3g
Kolmapäev 18.09.2019	<ul style="list-style-type: none"> • Ühepajatoit • Leib • Keefir (PRIA) • Pirn (PRIA) 	<ul style="list-style-type: none"> • 201g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 518Kcal • 67Kcal • 52Kcal • 48Kcal 	<ul style="list-style-type: none"> • 47.14g • 0.48g • 2.5g • 0.4g 	<ul style="list-style-type: none"> • 14.59g • 2.1g • 3.2g • 10.6g 	<ul style="list-style-type: none"> • 8.96g • 13.59g • 4.2g • 0.4g
	Kokku:	431g	685Kcal	50.52g	30.49g	27.15g
Neljapäev 19.09.2019	<ul style="list-style-type: none"> • Värskekapsa- viinerisupp • Leib • Kohupiimavaht • Marjad • Piim 2.5% (PRIA) • Porgand (PRIA) 	<ul style="list-style-type: none"> • 300g • 30g • 100g • 100g • 100g • 100g 	<ul style="list-style-type: none"> • 171Kcal • 67Kcal • 194Kcal • 37Kcal • 55Kcal • 36Kcal 	<ul style="list-style-type: none"> • 9.14g • 0.48g • 5.23g • 0.3g • 2.5g • 0.2g 	<ul style="list-style-type: none"> • 6.92g • 2.1g • 5.71g • 0.5g • 3.4g • 1.1g 	<ul style="list-style-type: none"> • 15.38g • 13.59g • 31.06g • 8g • 4.8g • 7.4g
	Kokku:	730g	560Kcal	17.85g	19.73g	80.23g
Reede 20.09.2019	<ul style="list-style-type: none"> • Paneeritud kala • Keedetud kartul • Tartar kaste • Leib • Jogurt (PRIA) • Porgandisalat • Õun (PRIA) 	<ul style="list-style-type: none"> • 150g • 200g • 150g • 30g • 100g • 50g • 100g 	<ul style="list-style-type: none"> • 285Kcal • 151Kcal • 249Kcal • 67Kcal • 53Kcal • 19Kcal • 44Kcal 	<ul style="list-style-type: none"> • 20.79g • 0.2g • 21.38g • 0.48g • 2.5g • 0.2g • 0.36g 	<ul style="list-style-type: none"> • 24.57g • 3.18g • 2.48g • 2.1g • 3.3g • 0.4g • 9.9g 	<ul style="list-style-type: none"> • 0g • 34.04g • 11.77g • 13.59g • 4.2g • 3.85g • 0.2g
	Kokku:	780g	868Kcal	45.91g	45.93g	67.65g

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